



# World Karate Federation

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# **Kumite Seminar**

# **Welcome!**



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# **WKF COMPETITION RULES**

# **KUMITE**

**Version 7.1 January 2012**



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**What do we want to accomplish  
with the version 7.1?**

**A vigorous Karate!**

**A stronger attitude among the competitors!**

**Minimizing winnings by penalties!**

**A more democratic procedure among the RP!**

**A more understandable competition!**

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## Compulsory protective equipment

All protective equipment must be WKF homologated

Mitts **red** for AKA and **blue** for AO

Shin pads **red** for AKA and **blue** for AO

Foot protector **red** for AKA and **blue** for AO

Gum shield

Female chest protector

Body protector

**Groin Guards** (not mandatory but if worn must be approved WKF type)



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## Compulsory protective equipment

**C A D E T S**  
**WKF approved**  
**face mask**  
**&**  
**body protector**



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## Compulsory protective equipment

**Juniors and Seniors  
male & female**

**Body protector**



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**Body protection for all competitors  
plus chest protector for female competitors**



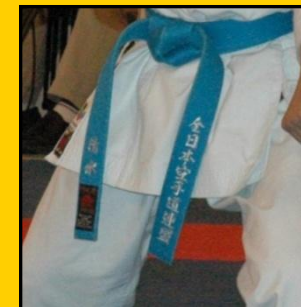
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The **red** and **blue** belts must be without any personal embroideries or markings



Only the manufacture's logotype



Not permitted





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**Contestants must wear a white karate Gi without stripes or **personal embroidery****



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## GI jacket



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## GI jacket



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## Compulsory protective equipment

Shin pads & foot protector

**RED** for **AKA** and **BLUE** for **AO**



**NO!**



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## ARTICLE 2 OFFICIAL DRESS



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## ARTICLE 2 OFFICIAL DRESS

**Only the original manufacturer's labels!**



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## ARTICLE 2 OFFICIAL DRESS



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## **PROHIBITED**

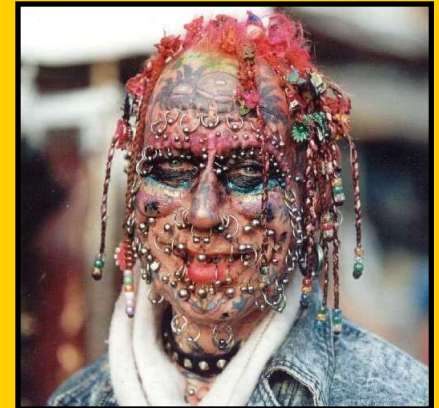
**Hair decorations**

**Metal hairgrips**

**Ribbons**

**Beads**

**Piercing**





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**Discreet rubber band or pony tail retainer is permitted**



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## DECORATIONS



## DECORATIONS



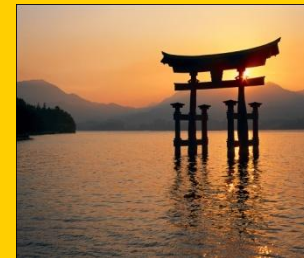
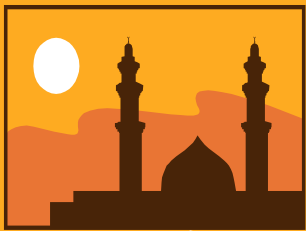
**Tape is  
decoration!**

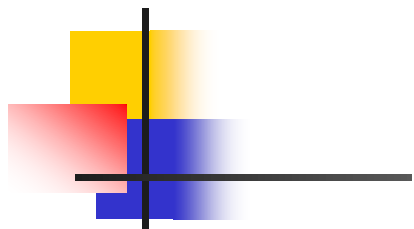


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**The wearing of certain items because of religious basis are not allowed (turbans, amulets, veils etc.)**





ADVERTISING SPACE FOR WKF, size 20 x 10 cm.



ADVERTISING SPACE FOR N.F., size 15 x 10 cm.



BACK RESERVED FOR ORGANISING FEDERATION, size 30 x 30 cm.



EMBLEM OF THE NATIONAL FEDERATION, size 12 x 8 cm.



SPACES FOR THE MANUFACTURERS TRADEMARK, size 5 x 4 cm.

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**Sponsors**

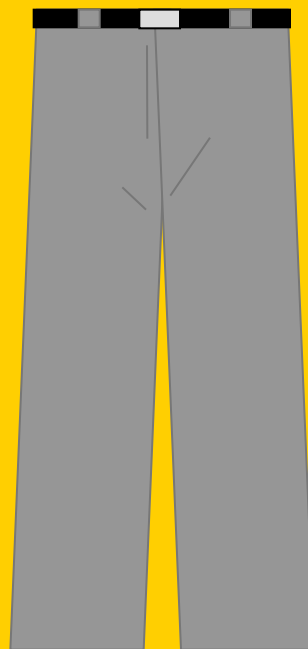


**Sponsors**

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## Referees uniform



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**Referees  
uniform**



**Not permitted**



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**Referee's  
working  
conditions  
NO!**

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**Referee's  
working  
conditions  
YES!**

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**Referee's  
working  
conditions**



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**FUKUSHIN**



## **PROTEST ?**

### **If you are a Judge or Referee**

Don't get involved

Don't help translate

Don't make recommendations

**Avoid conflict of interest!**



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**Referees & Judges  
AT WKF EVENTS...**



**0-tolerance alcohol**

## The Appeals Jury

**6 senior Referees**

**3 members and**

**3 supplementary**



## Match Supervisor

**Very important function** **AUTHORITY**  
**senior & experienced Referee**



**Before each bout the MS must ensure that the competitors are wearing approved equipment**



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**Referees & Judges officiating cannot perform another function**



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**Do not discuss the outcome of a match  
with the coach or competitor!**

**Referee Panel**  
**Tatami Manager**  
**Referee Commission**



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**Don't touch the competitors!!! Call the doctor**



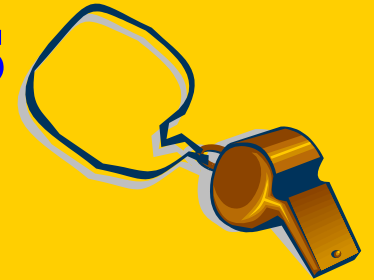


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## Referees & Judges

### 1 Referee



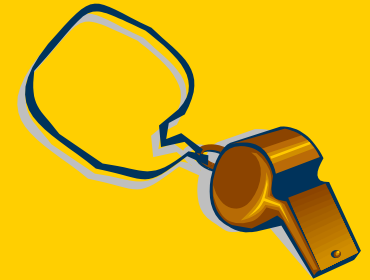


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## Referees & Judges

4 Judges



**Each Judge seated in the corners of the Tatami in the safety area**

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## Referee – Judges - Coaches



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Arbitrator: **Match Supervisor (kansa)**



Match Area Controller (MAC): **Tatami Manager**



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## No Match Supervisor at the line-up

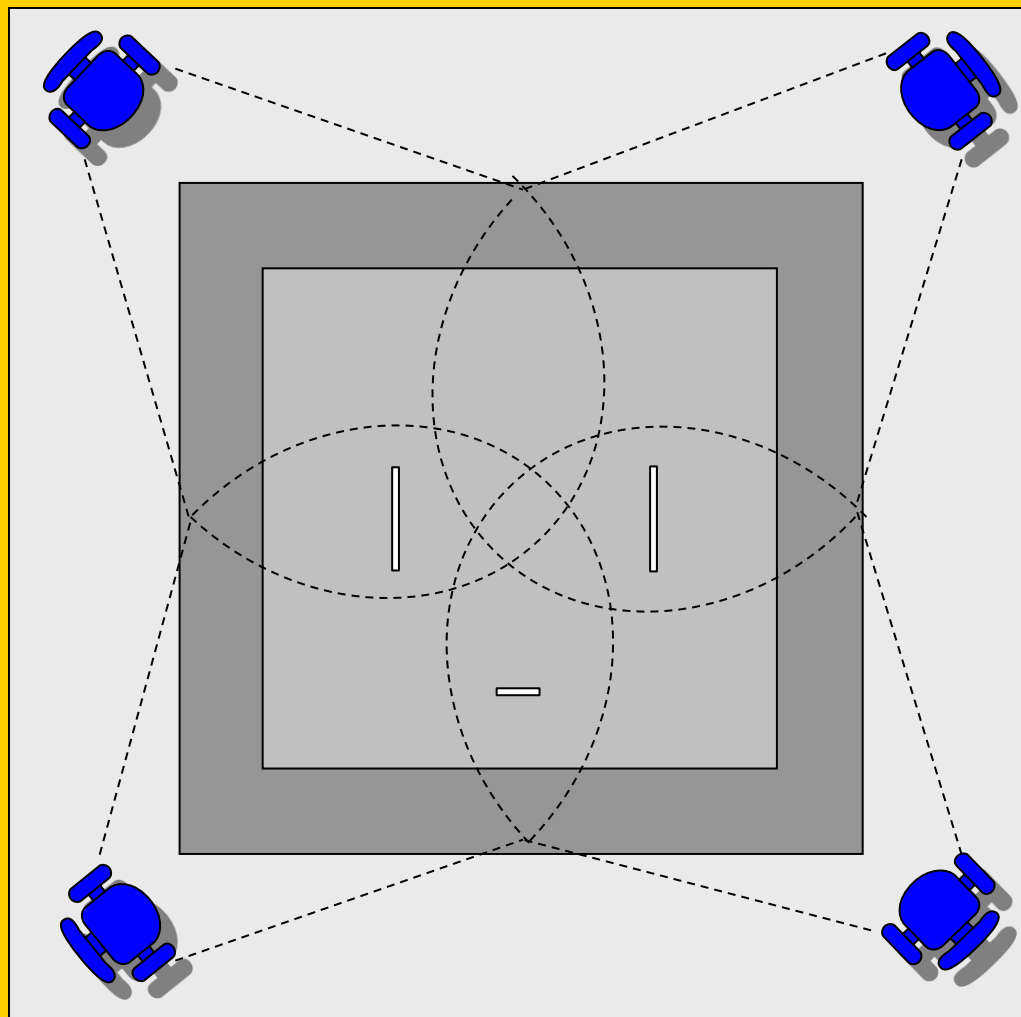




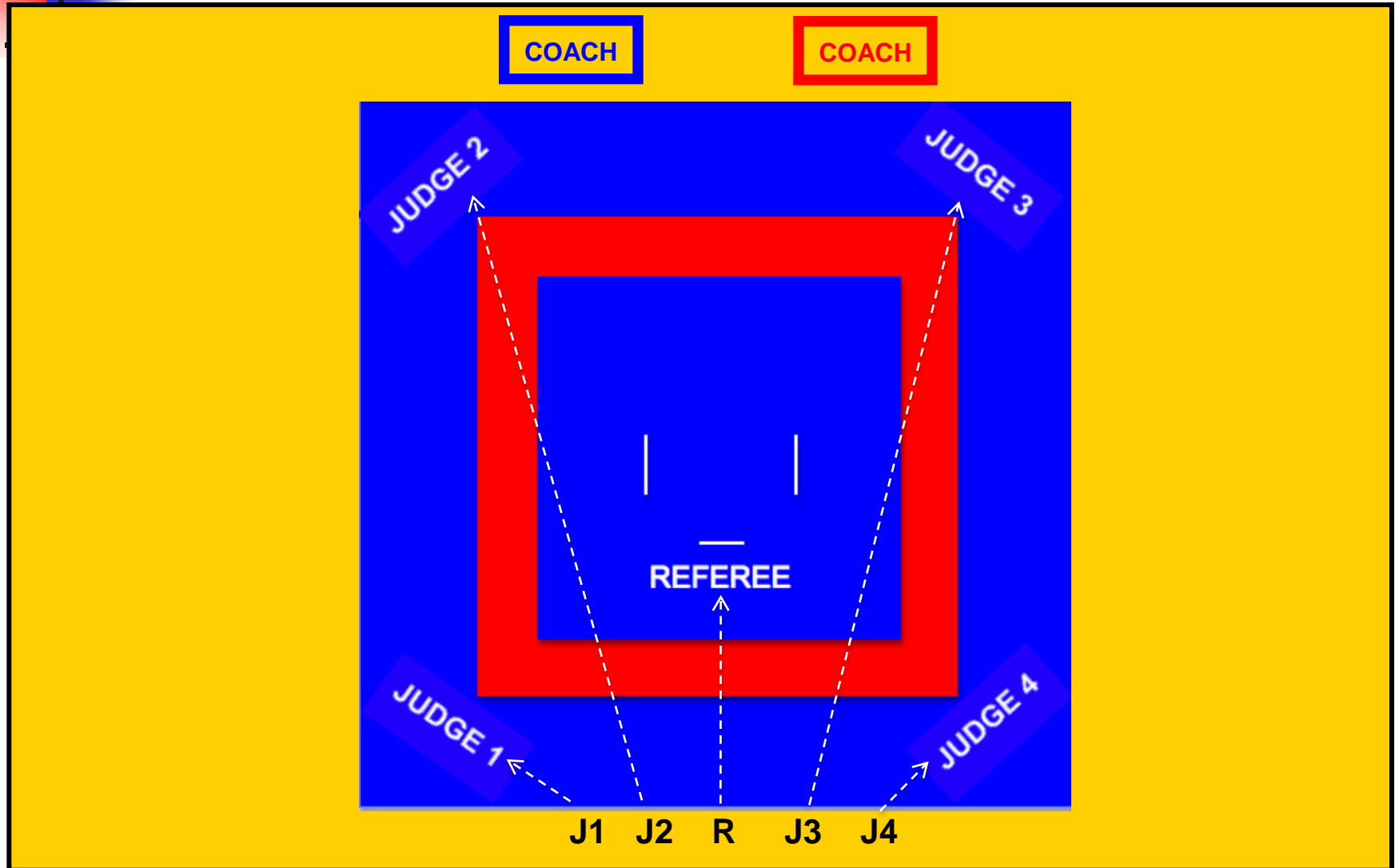
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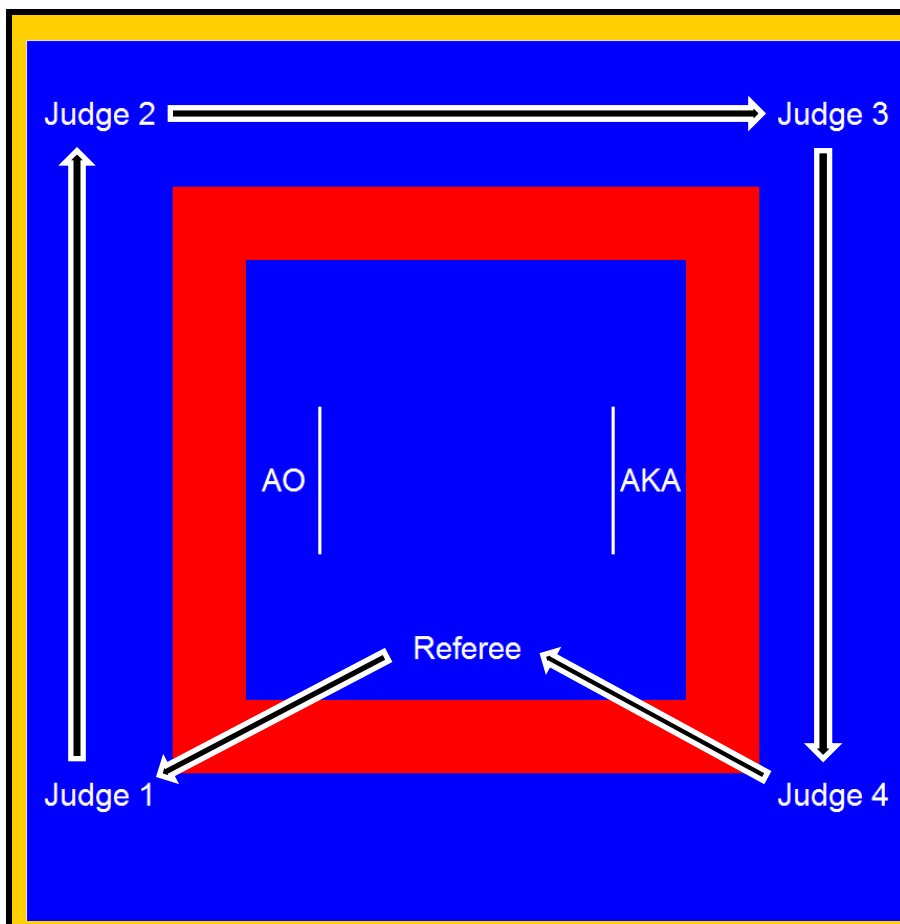
**Why four  
Judges?**



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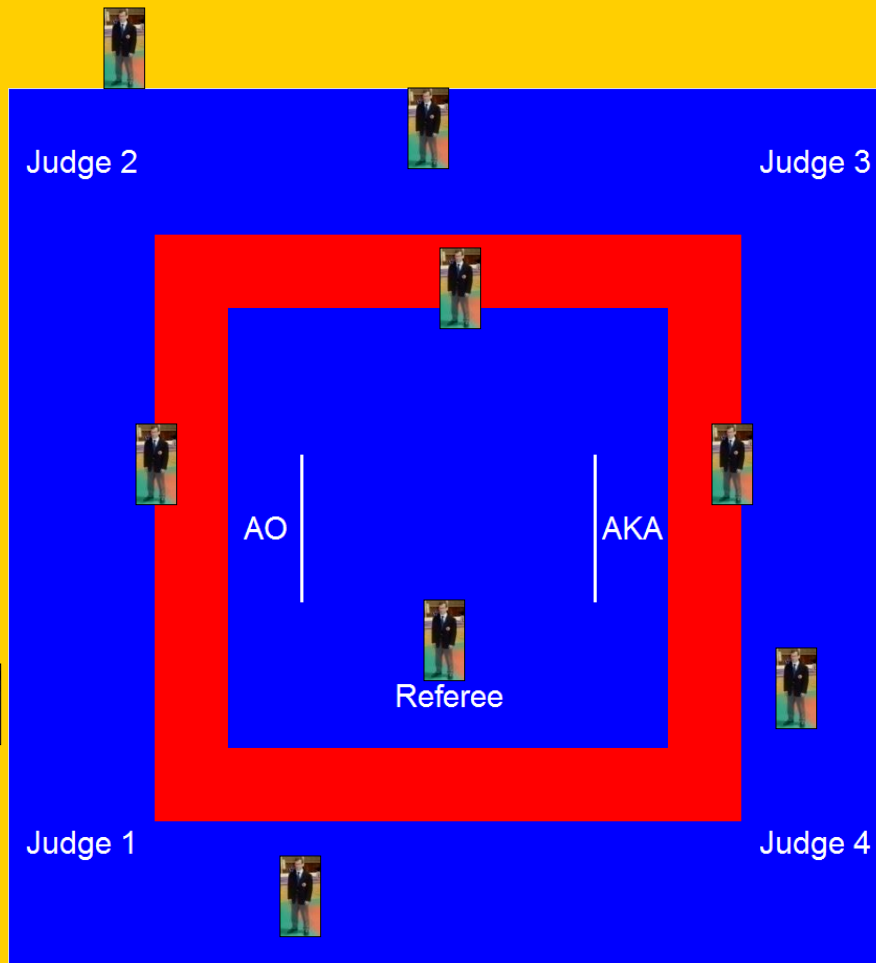
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**In team matches the panel will rotate for each bout**

**The Match Supervisor will not rotate**

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**The Referee can move around the entire Tatami including the safety zones**

**Do not stand in front of Judges or the Match Supervisor!**

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## JUDGE'S RED FLAG (AKA)

**JUDGE 1 & 4  
RIGHT HAND**



**JUDGE 2 & 3  
LEFT HAND**



## JUDGE'S FLAG SIGNALS FOR CAT. 1

First circle with the **red/blue** flag then cross the flags



**RED FLAG** IN FRONT FOR **AKA**



**BLUE FLAG** IN FRONT FOR **AO**



## **JUDGES** when giving points



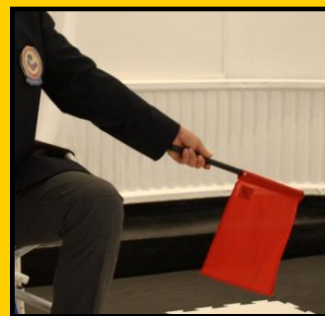
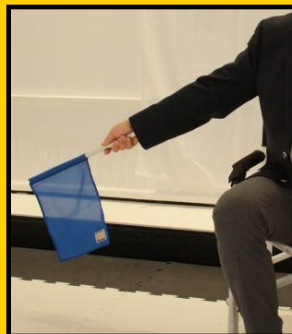
**Keep the flags out until the Referee has announced the point(s)**

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## **JUDGES...**

**Show the point first !**



**Wait until the Referee indicates  
a cat.1 or cat. 2 prohibit behaviour**



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## Co-operation between Judges!!

**Old rules  
version 6.0**

**The judges must  
only score what  
they actually see**



**New rules  
version 7.1**

~~**The judges must  
only score what  
they actually see**~~

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## SHUKOKU – KEIKOKU - HANSOKU-CHUI



Cat. 1



Cat. 2

**ARE WARNINGS**

**NO POINTS TO THE OPPONENT**



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**HANSOKU & SHIKKAKU**

**ARE PENALTIES**

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**No points awarded when imposing warnings...**



**Cat. 1**



**Cat. 2**

**with the exception of (in team matches)  
8 point score for a match won by penalty**

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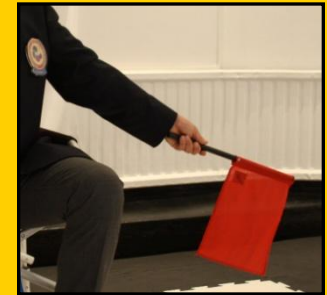
**Points and/or penalties...  
minimum of 2 judges**



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**In case both contestants receive  
two flags each for a score...**



**The Referee will award both scores!**

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**If a contestant scores with more than one technique **before Yame**, the Judges should give the higher point**

**For example a successful punch and a kick**



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**If 2 flags for the same contestant show a different score**



**the **lower** score will be given**

**The same for warnings and penalties**



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**If 4 flags for the same contestant show 2 different scores**



**the **lower** score will be given**

**The same for warnings and penalties**

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**when there is a majority for a level of  
score - warning - penalty**

**the Referee will always follow the majority**



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**The referee has a vote when dissolving a tie break**

**If two judges hold an opposing opinion to the two other judge**



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**The Referee can request confirmation  
In cases of Mubobi & contact**



**In cases of warnings & penalties**

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**Judges will indicate scores/penalties  
before the Referee stops the bout**



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**The Referee **must stop the bout** if two or more judges signal a score, warning or penalty for the same competitor**



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**The Referee has the ability to stop the match  
before the Judges give flag signals**

**but...**

**will always await the options of the Judges before announcing...**

**points**



**warnings**



**penalties**



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## **JOGAI means...**



**Exit from the competition area  
not caused by the opponent!**



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## Judges look for JOGAI



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## JOGAI

**NO**



**YES**



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Aka throws Ao



Ao is out – Aka is in



Aka can score

(Give 2 seconds after the throw)



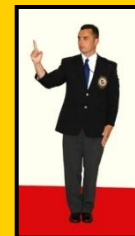
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The minimum **warning** for running away - avoiding combat - wasting time during **Atoshi Baraku...**



**Hansoku Chui** (Cat. 2)



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The minimum **warning** for exaggeration of injury...



**Hansoku Chui** (Cat. 2)



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## New Category 2 prohibited behavior: **PASSIVITY**

### Referee signal



### Judges signal



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**YUKO**

**Any Tzuki or Uchi  
delivered on the  
7 scoring areas**



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## GIVING POINTS

**YUKO** (1 point)





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## Waza-Ari

## Chudan kicks



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## GIVING POINTS

### WAZA-ARI (2 points)



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**IPPON**

**Jodan  
kicks...**



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**When a contestant is...**

**Thrown** (according to the rules)

**Slips**

**Falls**

**Is off his/her feet**

**IPPON**



**TORSO!**



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**NO TORSO...**



**NO IPPON!**

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## GIVING POINTS

### IPPON (3 points)



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**YUKO**



**WAZA-ARI**



**IPPON**





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**Standard procedure  
for giving points**



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**When giving points the referee must identify....**

**First** the scoring competitor **AKA - AO**

**Second** the scoring area **CHUDAN - JODAN**

**Third** the scoring technique **TSUKI - UCHI - KERI**

**Fourth** the score awarded **YUKO – WAZA-ARI - IPPON**

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**If no scores, or equal scores  
the match will be decided by**

**HANTEI**





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**In team matches**  
if after the **extra bout**  
no scores or equal scores...

The match will be decided by  
**HANTEI**

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## INDIVIDUAL MATCH

Match wins by **POINTS**

If equal score or no points

**HANTEI**

Referee & Judges together

## TEAM MATCHES

Team that wins most matches

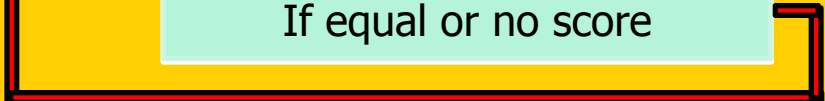
If equal number of matches

Team that has more points

If equal number of points

New ind. match

If equal or no score





## **P O I N T**

- 1. approved & effective technique**
- 2. against an approved attack area**
- 3. fulfil 100 % the six criterias**



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- |             |                      |
|-------------|----------------------|
| <b>100%</b> | Good form            |
| <b>100%</b> | Sporting attitude    |
| <b>100%</b> | Vigorous application |
| <b>100%</b> | Awareness (Zanshin)  |
| <b>100%</b> | Good timing          |
| <b>100%</b> | Correct distance     |



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## **Good Form**

Effectiveness according to traditional Karate concepts.

## **Sporting Attitude**

A non-malicious attitude.



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## **Vigorous Application**

The power and speed of the technique.

## **Zanshin**

Total concentration, observation, and awareness.





## **Good Timing**

Delivering a technique when it have the greatest potential effect.

## **Correct Distance**

Precise distance where it will have the greatest potential effect.

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## ZANSHIN?



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## Distancing for Jodan techniques

**Seniors**

**5 centimetres**



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## Distancing for Jodan techniques

### Juniors & Cadets

**10** centimetres





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## Duration of a Kumite bout

Cadets & Juniors always **2 min**

Under 21 always: **2 min Female** and **3 min Male**

Seniors female **2 min** - Medals **3 min**

Seniors male **3 min** - Medals **4 min**

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## GIVE TWO SECONDS

a) **FOR ATTEMPTING  
A THROW**



b) **FOR ATTEMPTING  
A SCORE AFTER  
THROWING**



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**GIVE TWO SECONDS**

**After sweeping**



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## Category 1



Keikoku



Hansoku Chui



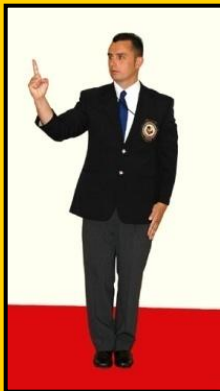
Hansoku



Shikkaku



## Category 2



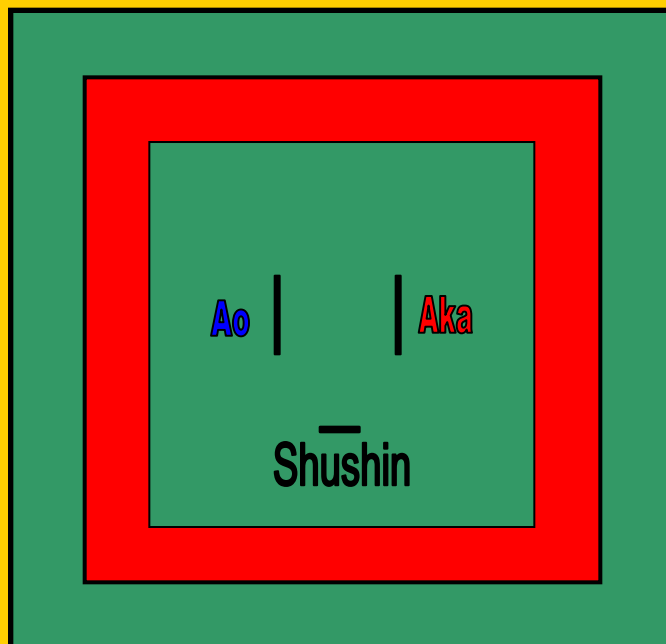


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## Team

First match 1  
2  
3  
4  
Last match 5



## Kumite

1 First match  
2  
3  
4  
5 Last match

Match order



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**Match  
order in  
team  
Kumite**



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## Approved attack areas (7)

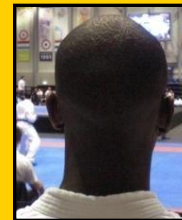
**Head**



**Face**



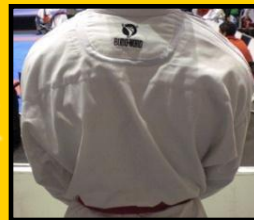
**Neck**



**Chest &  
abdomen**



**Back**



**Side**



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## Prohibited attack areas/techniques



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## Prohibited attack areas/techniques



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(Aka) **YES!**



(Ao) **NO!**





## **TEAM MATCHES**

**When a team has sufficient victories...  
or scored sufficient points...**

**In case of Kiken - Hansoku – Shikkaku**

**8-0**



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# MUBOBI





**When the offender  
receives excessive  
contact or sustains injury**



**When the offender is  
throw with an approved  
technique and hurts  
him/her self**



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## **CATEGORY 1**

1. Techniques which make excessive contact – contact with the throat
2. Attacks to the arms – legs – groin – joints – instep
3. Attacks to the face with open hand
4. Dangerous or forbidden throwing



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## **CATEGORY 2**

1. Feigning - exaggerating injury
2. Jogai
3. Mubobi
4. Avoiding combat
5. Passivity
6. Clinching - wrestling - pushing – seizing – standing chest to chest
7. Uncontrolled techniques & attacks
8. Simulated attacks with the head – knees - elbows
9. Discourteous behaviour

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Feigning an injury which does not exist = **SHIKKAKU**

Exaggerating an actual injury = minimum **Hansoku Chui**



Very serious exaggeration: may receive **HANSOKU** directly

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## Avoiding Combat is



Running away  
Clinching - Wrestling  
Pushing - Seizing



Standing chest to chest



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## WARNINGS & PENALTIES

### CHUKOKU

The opponent's potential for winning has **not been reduced**

### KEIKOKU

The opponent's potential for winning has been **slightly reduced**

### HANSOKU-CHUI

The opponent's potential for winning has been **seriously reduced**

### HANSOKU

The opponent's potential for winning has been **reduced virtually to zero**

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**No contact to the face - **face mask** - with hand techniques for CADETS & JUNIORS**  
**warning / penalty**





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## Injuries & dangerous techniques



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## Injuries & dangerous techniques



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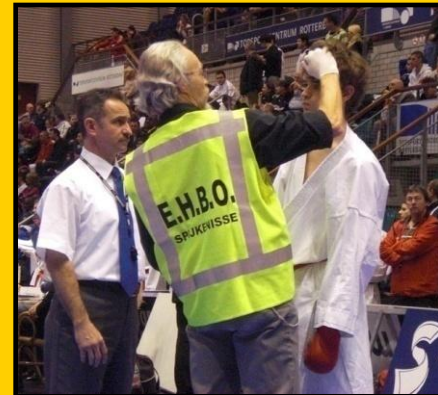
## Injuries & dangerous techniques



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**Injury contestants will be examined outside the Tatami**



**Unless the injury calls for examination on the Tatami**



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**Injured contestant?**

**Three (3) minutes medical treatment**



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**After three minutes...**  
**Referee's decision**  
**unfit to fight**  
**or**  
**extension of treatment**



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**The Referee must constantly observe the injured contestant  
a short delay allows injury symptoms to develop**



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**Observe the contestant**



**Stay with the doctor**







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**If doctor says "YES"  
Referee can say "NO"**

**If doctor says "NO"  
Referee can never say "YES"**

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**Bandages – padding - supports because of injury**

**Approved by the Referee on the advice of the Doctor**



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## **Metallic teeth braces**

**Approved by the Referee and the Doctor**



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# THE 10 SECONDS RULE



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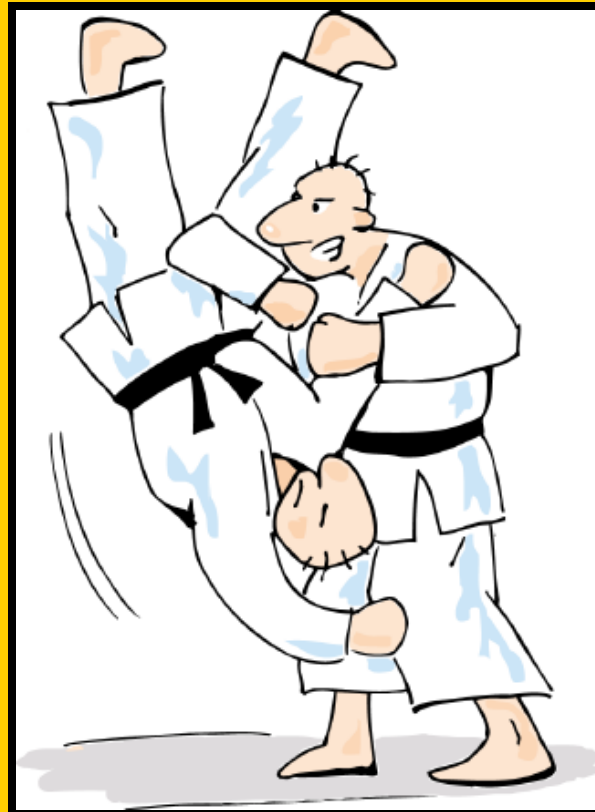
**A competitor who falls...**



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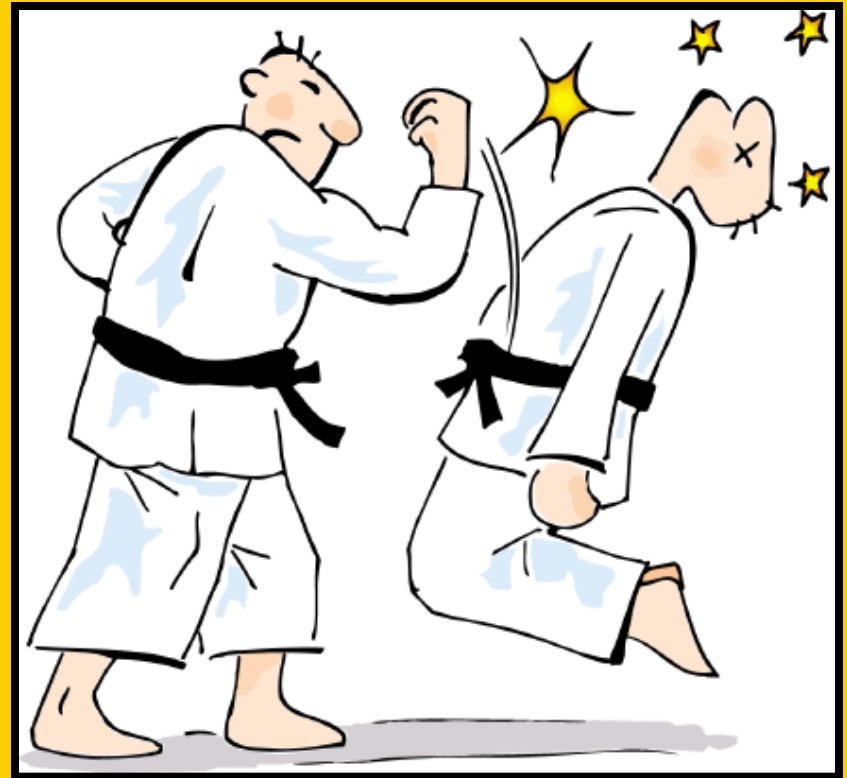
**is thrown...**



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or knocked down...





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and does not fully regain his or her feet within

**Ten seconds**, is considered unfit to continue

fighting and will be Automatically withdrawn from

**all Kumite events** in that tournament





## What to do ?

**The referee panel must ask it self....**

Was the technique valid ?

Was it properly applied to the proper area ?

Was the technique well controlled ?

Was it Mubobi?

**What caused the contestant to remain on the floor ?**

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**In all cases where the 10 second clock has been started the doctor will be asked to examine the contestant**



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## Prohibited & dangerous throws (category 1)

**a.** The opponent is grabbed below the waist



**b.** Reach down to pull the legs from under



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## Prohibited & dangerous throws (category 1)

**c. Thrown without being held onto**



**d. Thrown dangerously**



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## Prohibited & dangerous throws (category 1)

e. The pivot point is the thrower's belt level



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**This is a category 2 offence**



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**This is a category 2 offence**



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**This is a category 2 offence**





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**This is a category 2 offence**



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## CRITERIA FOR DECISION

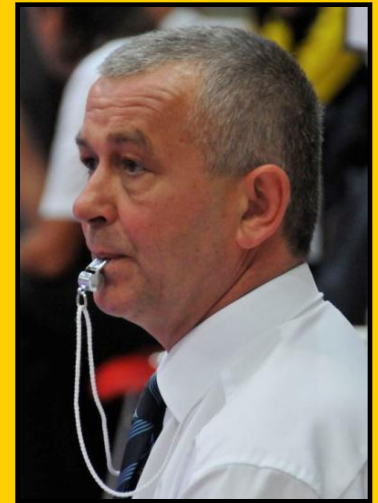
**The attitude, fighting spirit, and strength demonstrated**

**Superiority of tactics and techniques**

**Who has initiated the majority of the action**



**During the whole bout!**



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## **Two injured contestants can not continue...**

1. Most points

2. Equal score: Hantei

1. Team match & equal score: Hikiwake

2. Team match & extra bout: Hantei



## **COACH**

- 1. Must wear a tracksuit**
- 2. Display official identification**
- 3. Must sit in the chair provided**
- 4. Must not interfere with the match**



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**The coach must know**

**Rules of competition**

**Anti Doping rules**

**Competitors & coach behaviour**

**Rules for writing a protest**

**Rights and duties**

**Fair play manners**

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**COACH?**



**NO!**



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**COACH?**



**NO!**



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**Backpacks under the chair!**



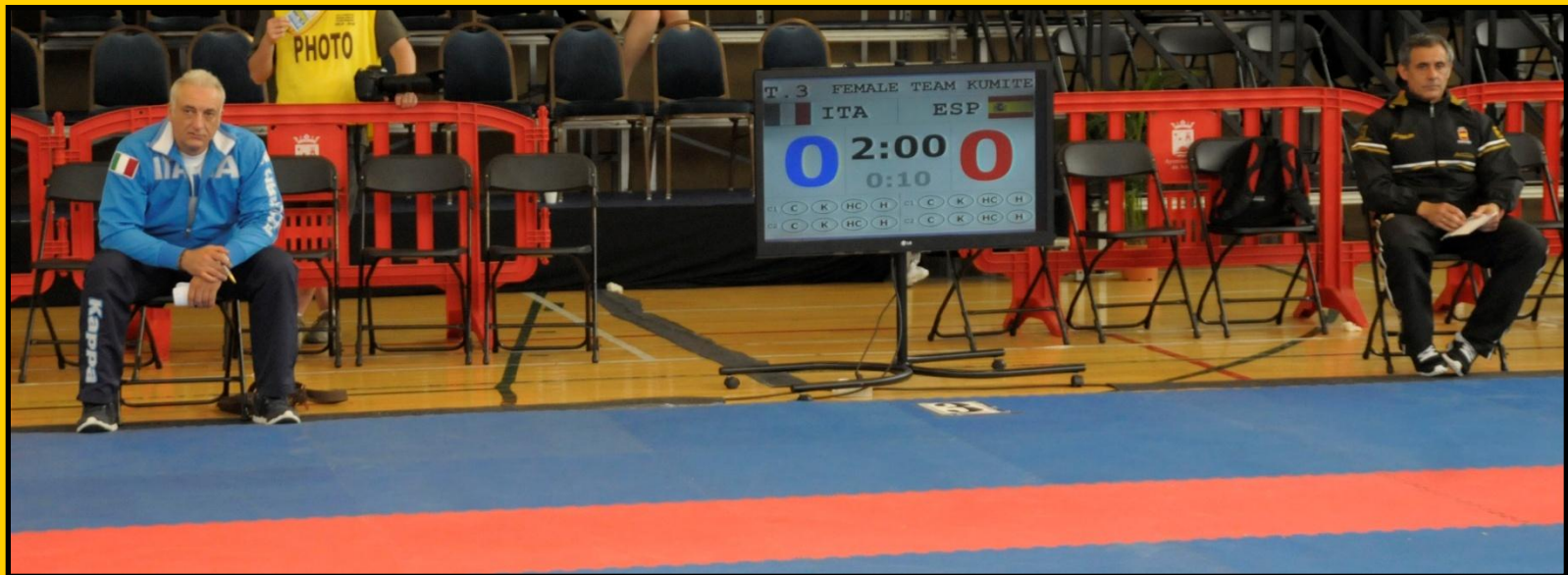
**NO!**



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**Coaches will be seated outside the safety area on their respective sides of the tatami towards the official table**





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**NO!**



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**In team matches  
the competitors  
must sit down  
and wait for the  
next match**





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**NO!**



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**NO!**



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**Our future... Please handle with care!**





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**Thank you very much  
&  
Good luck!**